

Cooking Well for Healthy Blood Pressure

A 3 SESSION SERIES EVERY MONDAY
AT 12:00 PM -12:40 PM
STARTING APRIL 26TH TO MAY 10TH



Session 1: DASHing Your Way to
Improve Health (April 26th)

Session 2: A Virtual Grocery Store
(May 3rd)

Session 3: Cooking with Spices and
Herbs (May 10th)

[Click Here to Join](#) this free Zoom
virtual presentation
Meeting ID: 828 6367 3291
Passcode: gs28Mv

**For more information contact Health & Wellness Educator-
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